

Nutrition Risk Criteria Update (Implemented Oct. 1, 2013)

Check your knowledge:

1) Monique is at WIC to be enrolled for her pregnancy. During the health history discussion, she tells you she's concerned about the baby's growth because she doesn't drink milk. She says she was diagnosed with lactose intolerance by a doctor 2 years ago. When she was drinking milk, she had problems with gas, bloating and diarrhea. After she stopped drinking milk, she felt better but worries about if she's getting enough nutrients. She's added some yogurt and cheese back into her diet.

What risk criterion would you assign?

What nutrition education information might you discuss with Monique?

2) Sara is a 4 year old girl being certified for the first time. You're about done with the assessment process and haven't identified any applicable nutrition risk. Her mom tells you Sara's doctor is concerned about her weight (Sara's been gaining a little faster than expected) and the family decided to try a gluten-free diet to see if that will help any.

What risk criterion would you assign?

What nutrition education information might you discuss with Sara's mom?

3) Tamara is enrolling in WIC because she's pregnant. During the assessment interview she tells you that 5 years ago her doctor diagnosed her with celiac sprue. She doesn't eat wheat or most other grains.

What risk criterion would you assign?

What nutrition education information might you discuss with Tamara?

4) Jackson is a 3 year old boy at WIC today for his first certification. He was referred to WIC by his doctor who wants his mom to get help learning to understand food labels. Jackson's doctor diagnosed him with an allergy. Jackson had an anaphylactic response to peanut butter and has to avoid contact with all peanut products now.

What risk criterion would you assign?

What nutrition education information might you discuss with Jackson's mom?

5) Marissa is new to WIC. She had a baby last month and is fully formula feeding. You're almost done with the nutrition assessment and haven't identified any applicable nutrition risks. She tells you that she gave up smoking during her pregnancy and now she uses e-cigarettes.

What risk criterion would you assign?

What education information might you discuss with Marissa?

6) Candy recently found out she's pregnant and is being certified. She hasn't felt well during her first trimester and was diagnosed with hypoglycemia. She's had a hard time deciding what to eat since she's queasy a lot of the time.

What risk criterion would you assign?

What education information might you discuss with Candy?